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NEWS
WORTH
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New library opening: Let's party! (Quietly)

Saturday's grand opening will include dignitaries and dogs **PAGE 3**

State of emergency declared in parts of British Columbia

Flooding anticipated as Vancouver readies for heavy weather **PAGE 14**

MERRY CHRISTMAS? NO SUCH THING ...

A KING'S CHRISTMAS CHOIR SHOW REFLECTS THE DARKER SIDE OF THE HOLIDAYS — MEMORIES OF PAIN AND LOSS **PAGES 12**

Leaving her comfort food zone

Grand opening.
New cafe to bring hometown flavour to downtown Halifax

STEPHANIE
TAYLOR
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Mary Ellen Planetta pulls over a black chair, and standing on top she peels back the brown paper taped to her cafe's window, revealing the pink and yellow words: "Elle's Bistro."

Behind her, inside the brand new diner, several employees stand behind the counter, chopping tomatoes and stirring a steaming pot of chicken rice soup, in preparation for opening day.

With its lilac purple and deep red walls, the cozy 30-seater cafe has been a dream that owner Planetta has been waiting a lifetime to achieve.

"Even as a teenager I always thought of running my own business," she said Wednesday morning, just hours before the grand opening.

"Now that it's finally happening it's hard to believe."

Planetta learned the ropes of the restaurant biz after serving at Cousins Restaurant on Robie Street for the past 11 years, which is also where she gained the affectionate nickname, Elle, by her former boss.

"I'm not the average server," she recalled, laughing. "I kind of do anything that needs to be done," she added, explaining that she worked both in front and behind the counter, cooking baking and running food.

Quoted

"All I keep getting is, 'When are you gonna open, when are you gonna open?'"

Mary Ellen Planetta

Planetta described herself as a natural when it comes to leadership and taking on new challenges — something she's going to have to perfect as a new restaurant owner.

"Possibly the toughest business you could open would be a restaurant," Gordon Stewart, Executive Director of the Restaurant Association of Nova Scotia said Wednesday.

He said all new restaurant owners are essentially playing

a balancing act, between ensuring all the right licenses are in order, managing staff, marketing and of course — serving tasty food.

Opening her business on Barrington Street in the old Just Us! location wasn't seen as a risk for Planetta, despite the numerous empty storefronts and "For Rent" signs along the historic streetscape.

In fact, the main reasons for opening her cafe — which will serve up a menu of homemade

soups, sandwiches and all-day breakfasts — was to give those who live and work in the heart of downtown Halifax a place to pull up a chair and enjoy a home-cooked meal.

"Everything in Scotia Square was going to chains and franchises," she explained. "So the homemade breakfast and meals, those type of places were kind of going to the wayside, so I just figured I was filling a void."



Mary Ellen Planetta rips down the paper from the windows of her new restaurant, Elle's Bistro, on Barrington Street on Wednesday. JEFF HARPER/METRO





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A fire truck sits parked outside of Burrito Jax on Wednesday morning. PHILIP CROUCHER/METRO

Fire temporarily closes Burrito Jax

Blowers Street. Owner says no one was hurt when electrical panel apparently caught fire



RUTH DAVENPORT
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The owner of a popular downtown eatery is hoping to be back in business by the weekend after an electrical fire sent thick black smoke rolling through the restaurant Wednesday.

Gordon Delano, owner of the Blowers Street Burrito Jax,

Silver lining

"I said to somebody ... you can't pay for this kind of advertising."

Gordon Delano, owner of Burrito Jax on Blowers Street

said staff were in the store around 9:30 a.m. when they heard what sounded like loud explosions from the electrical room.

"They opened the door and immediately saw the fire and tried to extinguish it and called 911," he said, speaking from the Blowers Street location. "Then they vacated the premises because it filled up with black smoke very quickly."

Fire crews responded within minutes and put out the flames, leaving the electrical panel a charred, blackened mess.

Delano said none of the staff was hurt, and insurance investigators are now dealing with the case. He's hoping to be able to start repairs on Thursday.

"There's no structural damage, no damage to the restaurant itself," he said. "So the electricians figure it's going

to be two to three days to fix, but we hope to be open by the weekend."

News of the fire and subsequent closure garnered swift, concise and heartfelt reaction on Twitter.

"Noooo! Not burrito jax!!!!" tweeted @MadSusieComix.

"Where will my drunk friends and I congregate at 3AM to get food to spill on our shirts? WHERE?!" asked @WilsonKM2.

Delano said reaction at the eatery's physical location was similar.

"It's amazing ... how many people are walking by so disappointed they can't get a burrito," he said.

St. Ann's lookoff

Victim in car crash identified

The 27-year-old Nova Scotia man who died in a crash in Cape Breton on Tuesday has been identified.

Denis Michel Doucet, of Truro, was the lone occupant of a vehicle that crashed through a guardrail at the St. Ann's lookoff on Highway 105 on Kelly's Mountain in Cape Breton.

The cause of the crash has not been determined.

TRURO DAILY NEWS

Two firefighters hospitalized

On board

4

The number of firefighters on board the engine at the time of the accident.

extensive," he said.

Hollett said the two firefighters were taken to hospital for assessment. "Just to make sure they are OK," he said, adding the driver of the car refused treatment at the scene.

Halifax RCMP are now investigating the accident.

Cpl. Greg Church said the fire truck, which was dispatched from the Lakeside station, was heading westbound on Highway 103 when it received a call to turn back to the city.

The truck was trying to turn onto an emergency access road that crosses the median when it collided with the car, which landed in the highway median as a result of the impact. RUTH DAVENPORT/METRO

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Kids go Christmas shopping with Halifax's finest helpers

Tenth annual CopShop.

Officers take kids out shopping to show them police can be jolly, too

STEPHANIE TAYLOR

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Destiny Gallant skips down an aisle in Sport Chek, passing display shelves stacked with boxes of winter boots.

"What about these?" Const. Stacey Opalka asks the nine-year-old, pointing to a child-sized Sorel boot.

"No," Destiny replies.

"What about these?" Opalka asks again, picking up a similar boot a few feet down.

"No," the girl says again. She arrives at the store's shoe wall, reaches to grab an adult's black UGG boot priced at \$197.98 and calls out, "Stacey, these."

Opalka shakes her head and smiles. "She's got good taste, though."

A group of 50 Halifax Regional Police officers traded in their blue hats for reindeer antlers and elf ears as they played personal assistant to 52 children Wednesday morning for the 10th annual CopShop at the Halifax Shopping Centre.

The event gave each child a \$200 gift certificate to the mall, a stocking filled with goodies from Old Saint Nick and a winter coat from Sport Chek.

Perception

"It lets them see (cops) as not only stoic police officers, but also warm cuddly teddy bears too."

Stephanie Schnare of the Halifax Shopping Centre

Giving

"This (event) allows us to see the true spirit of Christmas."

Stephanie Schnare of the Halifax Shopping Centre

The children are chosen because of "need, recognition of specific academic or sports achievement or because of volunteer efforts," according to the city's website.

One spokeswoman from the mall explained that the event is also a chance to teach kids that police officers are actually real people.

"It lets them see (cops) as not only stoic police officers but also warm cuddly teddy bears too," Stephanie Schnare said Wednesday.

Schnare explained that, for the first time this year, the mall handed out an extra \$10 gift certificate for the children to buy a toy to later donate to a family in need.

Although Destiny wasn't sure if she was more excited to start toy shopping or buy an ice cream — a substantial dilemma for any child — she had written out a shopping wish list, which included pajamas, socks and a few Harry Potter books.

After helping Destiny try on a cheetah-print jacket with black, white, pink and purple spots, Opalka and her partner, Const. Chris DeLong — affec-



Halifax Regional Police Const. Stacey Opalka snaps a selfie with her shopping partner Destiny Gallant and Santa during the 10th annual Cop Shop event on Wednesday, at the Halifax Shopping Centre. JEFF HARPER/METRO

tionally deemed "butler" by the girl — took on the task of finding those perfect boots.

"Are those boots made for walking?" Opalka asked, as Destiny strutted around wearing a new pair of black and purple high-top Sorels.

Before bolting to the checkout counter, Destiny handed DeLong her new jacket.

"Here, am I carrying that too?" he asked, already carrying the nine-year-old's stocking, wish list and can of root beer.

"Hurry up, butler," Destiny yelled back, laughing.



Const. Stacey Opalka checks the fit of a coat for Destiny Gallant during the shopping spree. JEFF HARPER/METRO

Driver, 89, crushes two women against a series of parked cars

Two women suffered leg injuries after they were hit by a car and pinned up against another vehicle in a Dartmouth parking lot.

Halifax Regional Police say the accident happened at the HRM public library on Eisener Boulevard, just be-

fore 4 p.m.

The driver — an 89-year-old woman — told police she swerved to avoid another vehicle and accidentally accelerated instead of hitting the brake, striking the two women and pinning them up against a parked car, which

was then pushed into another car, and then another.

Both women suffered leg injuries.

One woman, a 45-year-old, was taken to hospital by paramedics. Her leg injuries are believed to be serious.

METRO

Cause

The woman driving the car wasn't hurt, and police say no charges are expected against her.

Cole Harbour

Highway 7 home to latest crosswalk accident

Police are investigating the region's latest accident involving a pedestrian, in which a man was hit in a crosswalk on Highway 7 in the Forest Hills area of Cole Harbour on Wednesday morning.

The RCMP say the man was crossing the busy stretch

of road in the crosswalk around 6:30 a.m. when a vehicle leaving a gas station turned left onto Highway 7 and struck the victim.

The 33-year-old was taken to hospital with non-life-threatening injuries.

Police are now investigating and say they haven't decided on any charges.

Several pedestrians have been struck by vehicles over the past few weeks, with most of the accidents happening in crosswalks.

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Water crews work to clear Bedford Highway after flooding

Halifax Water crews work on clearing the Bedford Highway after flooding closed the road near Mount Saint Vincent University on Wednesday. Halifax was hit Wednesday with a heavy rainfall warning causing plenty of water on the roads in many places. JEFF HARPER/METRO

Transgender. N.S. aims to make schools supportive

Nova Scotia is releasing new guidelines to help school boards protect transgender students from discrimination.

The guidelines recommend using a student's preferred name and pronoun, providing gender-neutral washrooms and ensuring access to physical education classes for all students.

Education Minister Karen Casey says the measures are meant to make schools safe, respectful and supportive of transgender students.

She says they complement amendments made to the province's Human Rights Act in 2012 that were also aimed at combatting discrimination.

The Education Department, members of school boards, the Nova Scotia Teachers Union, the Human Rights Commission and the Youth Project, a non-profit charitable organization, developed the guidelines.

The department says a plan for transphobic incidents will also be developed.

JEFF HARPER/METRO

Tanker adrift off N.S. coast

'No imminent danger.' Loss of steering the cause

An oil tanker carrying 675,000 barrels of crude oil was drifting Wednesday off the coast of Nova Scotia after losing its steering.

A spokesman for Teekay

Corp., the ship's owner, said the Australian Spirit started having problems Tuesday evening.

Jonathan Anthony said the tanker was about 70 kilometres southeast of Halifax early Wednesday afternoon and it wasn't near any other ships.

One tugboat, the Atlantic Larch, had reached the vessel

and another tugboat that is capable of towing the tanker was expected to arrive by the evening, he said.

"The crew and cargo are safe.... We obviously take it very seriously, but there's no imminent danger," he said in an interview from Vancouver.

Keith Laidlaw, an environmental response officer with

the coast guard, said if the steering can't be fixed then the tugs will make a towing plan to bring the tanker into harbour for repairs.

The vessel was not in danger of breaking up and its drift towards shore had slowed as seas calmed, he said.

Laidlaw added if the ship is towed, that process wouldn't

begin until Thursday morning.

THE CANADIAN PRESS

Towing plan

Keith Laidlaw said the vessel's towing plan would have to be approved by Transport Canada.



Karen Casey. JEFF HARPER/METRO

Dartmouth

Teen arrested after gun pointed at store clerk

A 16-year-old boy is facing charges after police say someone wearing a mask and armed with a gun robbed a video store in Dartmouth.

According to police, the masked robber entered Showtime Video on Albro Lake Road around 9:30 p.m. fleeing later with money.

About 30 minutes after the fact, police spotted the suspect on Joseph Young Street in Highfield Park and arrested him.

The boy, who police say had a pellet gun, is due in Dartmouth provincial court Wednesday charged with robbery and weapons offences. METRO

Highfield Park

Police look for man in attempted purse robbery

Police are looking for a man who robbed and roughed up a woman in downtown Halifax.

Just before 8 p.m. Tuesday, police say a man approached a 50-year-old woman from behind while she was walking on Brenton Street.

Police say the man took the woman's purse from her shoulder, then the two fell to the ground as a struggle ensued.

The victim's wallet eventually fell out of the purse and the thief ran off with it toward Clyde Street and onto Dresden Row. METRO

Glance Bay

Woman charged with fraud to reappear in court

A Nova Scotia woman is scheduled back in provincial court Jan. 14 to enter pleas on 23 fraud and uttering forged documents charges.

Michelle Raylene MacEachern, 42, of Glance Bay is charged with 12 counts of fraud and 11 counts of uttering forged documents.

The alleged offences occurred while she was employed with the Department of Community Services in Glance Bay and are to have occurred between June 2013 and February. The amount involved exceeds \$150,000. CAPE BRETON POST

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Collaborative ER sites reaching goals

Report. P.E.I. and Sask. are using the N.S. model

Nova Scotia's innovative approach to dealing with chronic, unplanned closures of rural emergency rooms is showing dividends, but a new study says the collaborative emergency centres are being used by very few people overnight.

The study, released Wednesday by health-care consultant Mary Jane Hampton, says the eight centres — all in largely rural areas — have been achieving what they set out to do after the first one opened in Parrsboro in 2011.

"It was really an innovation for the Canadian health-care system," she told a news conference. "This model is working really well. But the numbers

Political critique

NDP health critic Dave Wilson, a former paramedic, said the Liberals have failed to capitalize the program.

overnight are really small."

The centres offer patients same-day or next-day appointments with physicians and

nurse practitioners who can handle most medical problems that aren't life-threatening. They are open for extended hours and most have paramedics and registered nurses working overnight with support from doctors over the phone.

The study says there has been a significant drop in unplanned closures at emergency departments in rural hospitals.

THE CANADIAN PRESS



Health Minister Leo Clavine JEFF HARPER/METRO

Holidays. Cops to crack down on drunk driving

The traffic unit of the Halifax Regional Police will be cracking down on impaired driving this holiday season.

The unit has recently launched Operation Christmas — a provincewide initiative that will see checkpoints set up around the region to ensure that drivers are sober and educated on the consequences of drinking and driving.

To stop impaired drivers in their tracks, the province along with MADD Canada launched Campaign 9-1-1 in

Crosswalks

Last month, the traffic unit was focused on improving crosswalk safety, and issued 1,271 summary offence tickets to drivers breaking the law.

December 2009, which encourages residents to call police with information on any suspected impaired drivers.

METRO

Report of threat. Police may charge man, 20

A 20-year-old man arrested after an alleged threat toward a local school has been released from police custody.

Alain LeBlanc, media spokesman for the RCMP, said police are anticipating laying charges in the incident at Pictou Academy, but there has been no decision on the issue yet.

The principal of the school was made aware of the threat Tuesday morning. He decided to call police and implement a hold and secure. The school was locked

to outsiders but classes continued inside as normal.

The threat was reported to the RCMP around 9:20 a.m. Tuesday morning. The threat included a reference to a firearm.

At approximately 10:15 a.m., RCMP arrested a man in the Thorburn area without incident. He was taken into custody and was interviewed in relation to the alleged threat. RCMP confirmed the suspect was not on school property.

NEW GLASGOW NEWS

Medicine

Dal names new faculty head

The Faculty of Medicine at Dalhousie University has a new dean.

On Wednesday, university officials appointed Dr. David Anderson as dean of the Faculty of Medicine for a five-year term, but is not scheduled to assume the position until July 1, 2015.

Dr. Anderson will be replacing the current dean, Dr. Tom Marrie. METRO

Correction

Dec. 10 front page story

A story that appeared in Metro Halifax on Dec. 10 ("Development plan panned ... again," front page) incorrectly stated that four speakers at a public hearing supported a proposed development on Wellington Street. In fact, seven speakers supported the development. Metro regrets the error.

METRO



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A King's Christmas choir show explores darker side of season

Hard memories. Show seeks to reflect other sentiments of the holidays — memories of pain and loss



BACKSTAGE PASS

Aly Thomson
halifax@metronews.ca

The hard truth about Christmas is that it's not always about Jingle Bells and Joy To The World.

Well, it is all of those things, says Halifax musician Paul Halley, but it also has a dark side. It's a time for reflection, a time when we miss the ones we've lost.

For years, the A King's Christmas choir show has sought to explore both sides of the holiday season.

"For most adults, Christmas is complicated," said Halley, a Grammy award-winning musician and director of University of King's College Chapel choir, who has also directed the annual show for the past seven years.

"It's not just conversations by the fire. It is those things, but there's also a lot of hard memories."

Halley said the show, a

collection of historical and traditional Christmas songs, poems and short stories, is dark in a therapeutic and "redemptive sort of way."

"And of course in a beautiful way," said Halley, his voice echoing from the high ceilings of the college's chapel.

Actress Shelley Thompson, narrator of this year's production, agreed that the show reflects the complexity of Christmas.

"Most of us sort of love and hate Christmas, don't we?" Thompson asked in a recent interview. "It's a season full of sentiment and memory, pain and loss."

"We've chosen a couple of readings that are not exactly your light Christmas fare. They're about the dark side of Christmas."

That includes the poem Christmas Oratio by W. H. Auden, a 20th century poet. It explores how realities change over the holiday season, said Thompson.

"It deals with the complexity of creating a day where we set down things for a day, assume one type of reality, and reassume our real lives after it," she said.

Known most recently for her role as Barbara Lahey on the Trailer Park Boys, Thompson is no stranger to narration. She's voiced a plethora of audio books



Choir director Paul Halley poses for a photo inside the University of King's College Chapel. JEFF HARPER/METRO

for the BBC and also wrote a series of Christmas short stories.

The King's show includes songs from as early as the 12th century, coupled with Christmas mainstays like Hark the Herald, said Halley.

People can also expect to

hear historical and contemporary readings, including an original short story by Thompson.

Halley said he doesn't like too much rehearsing between the choir and narrator ahead of the shows to foster an element of surprise.

"You never know how one reading follows a particular piece of music. You never really know how they'll interact," he said recently in the chapel, where rehearsals with the 25-piece choir are held.

"There's always surprises."

See the show

You can catch A King's Christmas on Sunday at Cathedral Church of All Saints in Halifax at 4 p.m. and again at 7:30 p.m. Tickets range from \$20 to \$100.

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Students get eye-opening insight into mental health

A recent trip to Ottawa has altered two high school students' views regarding mental health issues.

Serena Sodhi and Rosie Lloyd-Jones, both students at Cobequid Educational Centre in Truro, spent a week in Ottawa with the Mental Health Commission of Canada for a national, anti-stigma campaign called HeadSTRONG.

"Comparing mental health to physical health ... that really altered my perception of it," said Lloyd-Jones. "By doing that, you've made it more open, and we have to be. When you have a stomachache, how long will it be before you go to

Quoted

"You should treat mental illness as seriously as you do your physical health."

Rosie Lloyd-Jones on mental health issues.

the doctor? People don't do that with mental illnesses, and that's not right. You should treat mental illness as seriously as you do your physical health."

During their participation in the campaign launch, the youth heard from many different speakers, all of whom have a connection to mental health issues.

It could have been someone talking about suffering from anxiety or depression, or it could have even been a son speaking about his experiences with a mother who did.

"That was a cool perspective," said Sodhi.

Both young women say there are students that are suffering from mental health issues, especially anxiety.

TRURO DAILY NEWS

On the web

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Report. Tories warned of Veterans Affairs caseload

The inability of Veterans Affairs to spend \$1.13 billion over the past eight years should have come as no surprise to the Harper government, which was warned two years ago that the department was struggling to forecast the future needs of its clients.

In defending the amount of funding "lapsed" by the department since 2006, Veterans Affairs Minister Julian Fantino and Prime Minister Stephen Harper say it's impossible to know how many veterans and their families will request death and disability benefits in any given year.

Indeed, buried deep in auditor general Michael Ferguson's fall 2012 report was a warning that Veterans Affairs was producing inaccurate forecasts of future client needs that were based on historic data, rather than current information.

The same report also took aim at the case management

Adding staffers

With the House of Commons poised to rise for the holidays, a step towards repairing the political damage emerged Wednesday: Veterans Affairs is hiring dozens of new front-line staffers in as many as 50 cities.

- Some of those jobs are thought to be associated with the announcement of new satellite clinics.

and referral system for operational stress injury clinics, which was the focus last month of the government's much-hyped \$200-million overhaul.

The 2012 audit, which made headlines by documenting the plight of 8,000 medically discharged soldiers, offers a road map to understanding the blunders on the veterans file this fall. **THE CANADIAN PRESS**

Signed 1997. U.S. could join landmines treaty

The Canadian foreign minister who was a driving force behind a treaty to ban landmines 17 years ago says he sees encouraging signs that the United States will finally sign on.

Former Liberal foreign minister Lloyd Axworthy says American support would be a major boost to the treaty, which the U.S. and three dozen other countries have snubbed since it was signed in Ottawa in 1997. This week U.S. Secretary of State John Kerry said his country was going to look at joining the Ottawa Convention.

In a column published earlier this week in the American newspaper, USA Today, Kerry said landmines remain a hazard in 60 countries.

Axworthy said he hopes the

Quoted

"Decades after soldiers have laid down their weapons and leaders have made peace, these grim legacies of war kill and maim local populations."

U.S. Secretary of State John Kerry, in a column published in USA Today.

renewed U.S. interest might spur the Harper government to do more to support the clearance efforts of the deadly weapon. The most recent edition of the International Landmine Monitor, released last week, noted that Canada's support has waned substantially in recent years. **THE CANADIAN PRESS**

'Insanity is insanity'

Magnotta defence makes last address

With his final address to the jury, Luka Rocco Magnotta's lawyer asked the people who will decide his client's fate to find him not criminally responsible in the slaying and dismemberment of Jun Lin.

"Insanity is insanity," Luc Leclair told the jury. Magnotta, 32, has pleaded not guilty to first-degree murder and four other charges.

THE CANADIAN PRESS.

Reform Act 2015

New bill may stop leaders from suspending MPs

A Conservative MP's bill rapidly making its way through the House of Commons could restrict leaders in the future from unilaterally suspending MPs.

Michael Chong's Reform Act 2015 will be studied in committee Thursday, after which it is expected to be go back to the Commons for a penultimate vote in the new year. **THE CANADIAN PRESS**



A hockey legend remembered

Pallbearers and former Montreal Canadiens teammates (clockwise from back left: Guy Lafleur, Jean-Guy Talbot, Robert Rousseau, Serge Savard, Yvan Cournoyer and Phil Goyette) carry the casket as family members walk behind after the funeral service for Canadiens legend Jean Béliveau on Wednesday in Montreal.

PAUL CHIASSON/THE CANADIAN PRESS

Canada will act on tips from torture: Official

Intelligence information.

A spokesman for Public Safety Minister Steven Blaney said that the government will act on 'a tip from any source'

Quoted

"The primary responsibility of Canadian security agencies is to protect Canadian life and property."

Jean-Christophe de Le Rue, spokesman for Public Safety Minister Stephen Blaney.

on "a tip from any source" if Canadians' lives are in danger.

"The primary responsibility of Canadian security agencies is to protect Canadian life and property," de Le Rue wrote in a prepared statement. "We will continue to ensure that intelligence is reviewed and assessed by Canadian intelligence experts before it is acted upon."

Opposition critics are calling on the Conservative government to take away Canadian security agencies' ability to send or request information to foreign partners that could lead

to torture.

The calls come a day after the U.S. Senate revealed the CIA misled its political masters about how widespread and brutal the Bush-era practice of "enhanced interrogation techniques" of detainees was.

The report detailed the conditions imposed on detainees in CIA black sites across the world. Techniques used by American agents and contractors included forcing detainees to stand on broken legs, forced rectal feeding, and frequent waterboarding (simulated drowning).

Five Canadian security agencies can use national security information from foreign partners, even if it was obtained through torture. According to documents obtained by The Canadian Press, the head of the agency must weigh several factors before approving the information sharing — including the opinion of Foreign Affairs Minister John Baird's department.

Speaking earlier Wednesday, Baird refused to address questions about domestic agencies' use of information gained from CIA torture.

"Canada doesn't torture anyone. Period. Period," Baird said after a news conference.

TORSTAR NEWS SERVICE

FOR MORE COVERAGE ON THE U.S. TORTURE REPORT, SEE PAGE 17.

Questions rise over CBC's Ghomeshi probe



Jian Ghomeshi, left, and lawyer Marie Henein. **THE CANADIAN PRESS**

Questions about the effectiveness of an investigation into the CBC's handling of the Jian Ghomeshi affair swirled Wednesday amid employee concerns about incriminating themselves.

While senior managers defended the process as independent, the union said only a promise of immunity would allow employees to speak freely to investigator Janice Rubin.

"Every day, it looks less independent, that she's just now taking orders and supplying all the information to CBC," said Carmel Smythe, president of the Canadian Media Guild.

CBC asked Rubin, a labour lawyer, to conduct an independent investigation after firing Ghomeshi, 47, as host of radio show Q in October.

The broadcaster said it axed Ghomeshi after seeing

what it called "graphic evidence" he had caused physical injury to a woman.

Over a dozen women then stepped forward with allegations he'd physically or sexually attacked them, with one woman saying he'd sexually harassed her at work but her complaints went nowhere.

Ghomeshi denies the allegations, arguing he engaged in "rough sex," but it was consensual. **THE CANADIAN PRESS**

Stem cell research touted as breakthrough

A Canadian-led international team of researchers has begun solving the mystery of just how a specialized cell taken from a person's skin is reprogrammed into an embryonic-like stem cell, from which virtually any other cell type in the body can be generated.

The research is being touted as a breakthrough in regenerative medicine that will allow scientists to one day harness stem cells to treat or even cure a host of conditions, from

blindness and Parkinson's disease to diabetes and spinal cord injuries.

Besides creating the reprogramming roadmap, the scientists also identified a new type of stem cell, called an F-class stem cell due to its fuzzy appearance.

Their work is detailed in five papers published Wednesday in the prestigious journals *Nature* and *Nature Communications*.

Dr. Andras Nagy, a senior scientist at Mount Sinai Hos-

pital in Toronto, led the team of 50 researchers from Canada, the Netherlands, South Korea and Australia, which spent four years analyzing and cataloguing the day-by-day process that occurs in stem cell reprogramming.

The work builds on the 2006-2007 papers by Shinya Yamanaka, who showed that adult skin cells could be turned into embryonic-like, or pluripotent, stem cells through genetic manipulation, a discov-

ery that garnered the Japanese scientist the Nobel Prize in 2012.

Nagy likened the roughly 21-day process to complete that transformation to a "black box," so called because scientists did not know what went on within the cells as they morphed from one cell type into the other.

The result is a database that will be available to scientists around the world.

THE CANADIAN PRESS



Sandbags are placed along the shores of Locarno Beach in Vancouver on Wednesday. Severe rains along with a rare king tide are threatening homes in low-lying areas. JONATHAN HAYWARD/THE CANADIAN PRESS

B.C. readies for heavy weather

Vancouver area and Vancouver Island.

Some cities have called a state of emergency as flooding expected

Some 30,000 sandbags line a stretch of low-lying waterfront land in Vancouver, placed by city workers, in a bid to protect local homes from an anticipated king tide.

The task was completed by about 45 workers in advance of Wednesday's forecasted weather event, which could coincide with the same type of high winds and heavy rains that have already cut power to thousands of residents across the south coast and flooded streets.

In the Vancouver Island city of Courtenay, for example, municipal leaders declared a state of emergency because of flooding that has closed roads, facilities and parks. The city has asked about two dozen residents to leave a mobile-home park.

A local state of emergency was also declared in part of Tsawwassen where, Delta mayor Lois Jackson said, a section of seawall about 70 feet long has collapsed.

Jackson said the collapse has opened that entire area to the sea.

George Harvie of Delta's engineering department said a house near the wall has been evacuated and crews hope barriers they have erected are strong enough to hold.

Considering the time of year, though, the powerful weather like king tides is not completely unanticipated.

The B.C. Ministry of Environment website reports they occur about twice a year, are

typically more dramatic in the winter, and occur when the sun and moon's gravitational forces reinforce each other, and the moon is closest to the earth.

Brian Crowe, a spokesman for the City of Vancouver's engineering department, said king tides can approach five metres in elevation, or about one metre higher than a typical high tide, and can form storm surges when they are combined with low-pressure systems.

He said Wednesday's king tide is forecast for 5.5 metres, which is the same elevation of water that flooded Locarno Beach Park on the city's waterfront in 2012, but not nearby homes.

Batten down the hatches

5.5m

The height of the king tidal waves anticipated for Wednesday.

"We have sandbagged about 200 metres in the lowest area along Marine Drive adjacent to the park to ensure the water can't get past the edge of the park into the neighbourhood," he said.

"This is a proactive move. We don't actually believe the water will be high enough tomorrow to cross the street, but we have high tides happening periodically through the Christmas season until early in January."

A frontal system is expected to approach the region overnight, and Environment Canada says it could bring as much as 50 millimetres of rain to the east coast of Vancouver Island and Metro Vancouver's North Shore mountains.

THE CANADIAN PRESS

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Hungry polar bears. Six cubs shot in remote Arctic

Residents in a remote Arctic hamlet are baffled and saddened by the number of hungry polar bear cubs that have wandered into their community since the fall and have had to be shot.

Six bears have been spotted in the Nunavut community of Taloyoak since late September, said Bob Lyall, who works with the local Hunters and Trappers Organization.

"They're scavenging," he said Wednesday. "They're nothing to fool with. It's a scary situation when it happens."

Taloyoak is used to polar bears and has an annual hunt-

Large bears

Bob Lyall says one of the bears scavenging for food was over two metres long.

- One was spotted in town just as children in school were about to be let out for recess.

ing quota of 25. The six kills since September will come off that quota.

But Lyall said no hunter is happy about having to kill a cub. **THE CANADIAN PRESS**

Yukon

Dogs plus matches can equal house fire

A couple of dogs likely started a house fire by chewing or playing with a box of matches, the Yukon's fire marshal says.

Dennis Berry is warning against leaving matches

where pets can get them.

An investigation determined the fire started in or beside the dogs' bed, and the source of ignition was likely the "strike anywhere" matches, he said.

The pooches escaped through a doggy door. Berry said there was smoke damage to the one-storey residence.

THE CANADIAN PRESS

No more business as usual for First Nations: AFN chief



National chief Perry Bellegarde speaks after being elected on the first ballot at the Assembly of First Nations Election in Winnipeg on Wednesday.
TREVOR HAGAN/THE CANADIAN PRESS

Pipelines, energy.

Bellegarde pledges opposition to projects that deny First Nation fair share of profits

The new national chief of the Assembly of First Nations is warning it will no longer be business as usual when it comes to development on First Nations land.

In a fiery speech to assembly delegates in Winnipeg on Wednesday, Saskatchewan's Perry Bellegarde singled out pipelines and energy development as one of the frontlines in his battle to put First Nations on equal footing with the rest of Canada.

"To the people across this great land, I say to you that the

values of fairness and tolerance which Canada exports to the world are a lie when it comes to our people," Bellegarde said.

"Canada will no longer develop pipelines, no longer develop transmission lines, or any infrastructure, on our lands as business as usual."

"That is not on." He pledged opposition to any project that deprives First Nations a share of the profits.

"We will no longer accept poverty and hopelessness while resource companies and governments grow fat off our lands and territories and resources," he said.

Bellegarde, who was until Wednesday chief of the Federation of Saskatchewan Indian Nations, took 63 per cent of the 464 first-ballot votes cast, more than the 60 per cent required for victory.

He told reporters the assembly under his leadership will "be respectful, it's going to be responsive and it's going to be relevant to First Nations people." **THE CANADIAN PRESS**

Quoted

"Canada is Indian land."

Perry Bellegarde, newly elected national chief of the Assembly of First Nations

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Malala receives her Nobel Peace Prize

Speaks out. Pakistani teenage girl survived Taliban assassination attempt for her education activism

The Pakistani teenager stood on the stage of Oslo City Hall as the youngest Nobel Peace

laureate, smiling as she listened to the thunderous ovation.

Now, everybody knows: She is Malala.

Shot in the head by the Taliban two years ago for speaking out on education, 17-year-old Malala Yousafzai on Wednesday beamed as she received the Nobel Peace Prize and taught a lesson in courage.

"I had two options. One was to remain silent and wait to be killed. And the second was to speak up and then be killed. I chose the second one. I decided to speak up," Malala said.

And with that, Malala proved that teenagers could tell the elders a thing or two. Anyone who hadn't read her memoir, "I am Malala," was

about to get an education.

She adjusted her coral pink headscarf and made no effort to hide any scars that might remain from the attack.

She thanked her parents for unconditional love and then humbly suggested that she was somehow not all that special — just a girl who fights with her brothers and who wanted to learn above all else.

"As far as I know, I am just a committed and even stubborn person who wants to see every child getting quality education, who wants to see women having equal rights and who wants peace in every corner of the world," she said.

"Education is one of the blessings of life, and one of its necessities."

THE ASSOCIATED PRESS



Nobel Peace Prize winner Malala Yousafzai THE ASSOCIATED PRESS

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January 1 Mall Closed

Not over yet

Pistorius trial may be appealed

Oscar Pistorius again faces the possibility of a murder conviction after a South African judge ruled Wednesday that prosecutors can appeal against the double-amputee Olympian's conviction on the lesser charge of culpable homicide.

Pistorius could face a minimum of 15 years in prison if the appeals court overturns his conviction and raises it to murder.

THE ASSOCIATED PRESS

Pause in fighting

East Ukraine ceasefire holds

Ukraine will continue upholding a truce with Russian-backed separatists following a day largely free of exchanges of fire between the warring sides, a military spokesman in Kyiv said Wednesday.

Both the government and rebels have accused each other of sporadic violations of the truce that began Tuesday.

THE ASSOCIATED PRESS

Hong Kong. Protesters to resist removal from camp

Hong Kong student protest leaders vowed Wednesday to stay until the last minute and peacefully resist a police operation to clear them off a highway where they've been camped out for 2-1/2 months.

Thousands of protesters and supporters streamed into the site on the last night of what's come to be known as the "Umbrella Movement," named for the pro-democracy protesters' preferred method of deflecting police pepper spray.

Many huddled in the hundreds of tents that remained on the thoroughfare outside the specially administered Chinese city's government headquarters, less than a day before court workers assisted by police were scheduled to sweep them out. Others took photos, listened to speeches and lined up for souvenir leather bracelets and other mementos handmade on the spot by volunteers.

"We will still resist till the last moment," said Alex Chow, secretary-general of the Hong Kong Federation of Students. He said the reason for staying until the end is "not simply for us be arrested, but to demonstrate our spirit" of civil disobedience.

Authorities will start by removing barricades and other



Protesters gather at the occupied area outside government headquarters in Hong Kong on Wednesday. THE ASSOCIATED PRESS

obstructions from three sections of road covered by a court order. Then, they will clear other nearby blocked roads to reopen the entire area to traffic. Anyone who refuses to leave will be arrested, police said.

While some had already packed up their belongings on Wednesday, many promised it would not be the end of the pro-democracy movement, using large yellow banners, chalk scrawled on asphalt or balloon letters stuck on a wall to declare "We'll be back."

The protesters reject Beijing's restrictions on the first election for the city's top leader, scheduled for 2017, but have failed to win any concessions from Hong Kong's government. THE ASSOCIATED PRESS

Torture report. CIA fights to write historical record

Top spies past and present campaigned Wednesday to discredit the Senate's investigation into the CIA's harrowing torture practices after Sept. 11, 2001, battling to define the historical record and deter potential legal action around the world.

The Senate intelligence committee's report doesn't urge prosecution for wrongdoing, and the Justice Department has no interest in re-opening a criminal probe. But the threat to former interrogators and their superiors

was underlined as a UN special investigator demanded those responsible for "systematic crimes" be brought to justice, and human rights groups pushed for the arrest of key CIA and Bush administration figures if they travel overseas.

Current and former CIA officials pushed back, determined to paint the Senate report as a political stunt by Senate Democrats tarnishing a program that saved American lives.

THE ASSOCIATED PRESS

Zacarias Moussaoui

'20th hijacker' asks for transfer to Guantanamo Bay

An imprisoned man known as the "20th hijacker" in the Sept. 11, 2001, terror attacks asked a South Florida federal judge Wednesday for a transfer to the military prison at Guantanamo Bay, Cuba, where several alleged

senior terror plotters are awaiting trial.

The request is part of two rambling, handwritten letters filed in Miami federal court by Zacarias Moussaoui. He is serving a life prison sentence after pleading guilty in 2005 to conspiring with the 19 hijackers in the attacks.

Moussaoui signed one letter as the "so-call 20th hijacker" and a "Slave to Allah." **THE ASSOCIATED PRESS**

Report casts new shadow over Zero Dark Thirty film

Story of hunt for Osama bin Laden.

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traditional filmmaking
and journalism

The damning Senate Intelligence Committee report on post-9/11 interrogation techniques has cast a new pall over the 2012 film *Zero Dark Thirty*.

Kathryn Bigelow's documentary about the hunt for Osama bin Laden ignited controversy for implying that the "enhanced" interrogation techniques of the detainee program helped lead to finding bin Laden. Bigelow claimed that torture was a part of the story that couldn't be ignored.

The Senate report released Tuesday found that the coercive techniques led to no unique intelligence, a conclusion that seemed to debunk, officially, part of the narrative

Quoted

"It's complicated. It's very, very, very complicated."

Kathryn Bigelow, director of *Zero Dark Thirty*

suggested by Zero Dark Thirty.

California Sen. Diane Feinstein, the Democratic chair of the Intelligence Committee that released the report, had been one of the most vocal critics of Zero Dark Thirty. In a 2012 letter to Sony Pictures co-signed by Republican Sen. John McCain, Feinstein called the film “factually inaccurate” and wrote that filmmakers had an obligation not to “shape American public opinion in a disturbing and misleading manner.”

Bigelow was asked about the report on *The Daily Show* on Tuesday while promoting a short film about elephant poaching and the ivory trade.



Director Kathryn Bigelow attends the 86th Annual Academy Awards Oscar Foreign Language Reception at LACMA on Feb. 28 in Los Angeles, Calif.

"We made the movie based on the reporting that we did," said Bigelow. "I applaud transparency in government, so I think it's good that it's out there." **THE ASSOCIATED PRESS**

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In this photo taken Monday, Dec. 1, 2014, keeper Mohamed Doyo pats female northern white rhino Najin in her pen, where she is being kept for observation at the Ol Pejeta Conservancy in Kenya. BEN CURTIS/THE ASSOCIATED PRESS

On the brink of extinction

Kenya. Natural reproduction fails for three of the world's six remaining northern white rhinos

Last chance

"The fact they haven't bred is clearly a massive disappointment, but there are new technologies being invented all the time to rescue technically extinct species."

Richard Vigne chief executive of the Ol Pejeta Conservancy suggests in vitro fertilization techniques could resurrect the northern white rhino.

The task was never going to be easy: Fly four highly endangered rhinos from a Czech Republic zoo to East Africa, drive them to the savannah grasses of Mount Kenya and hope that the natural environment helps produce a calf, staving off extinction.

The experiment has all but failed.

The keepers of three northern white rhinos in Kenya — half of the world's remaining rhinos of that species — have begun saying publicly for the first time that their one male and two female rhinos will certainly not reproduce naturally.

The silver lining, though, is science. Efforts will now be made to keep the species alive through in-vitro fertilization, and possibly by working with the rhinos' genetic material in a budding field known as de-extinction.

"We always knew from the very beginning that the chances of this working were small even if they bred," said Richard Vigne, chief executive of the Ol Pejeta Conservancy, where the rhinos have lived since 2009.

The conservancy said in a statement Wednesday that arti-

ficial reproductive techniques "could provide the last chance of survival for the world's most endangered mammal."

That echoed the phrase written on the wooden crates the rhinos were transported in from Nairobi to Ol Pejeta: "Last Chance to Survive."

Some animal experts at the time said the effort was too little, too late, and that the experiment's budget could have been better spent on other conservation projects.

But the bulk of the more than \$100,000 effort came from a donor — Alastair Lucas, then the vice chairman of Goldman Sachs in Australia — who wanted to see the project carried out.

Vigne said the project was not done in vain.

"They've been returned to Africa from a zoo, and they've thrived in that environment. In that way it's been a success," he said. "The fact they haven't bred is clearly a massive disappointment, but there are new technologies being invented all the time to rescue technically extinct species."

One of the two male rhinos

transferred to Ol Pejeta died of an unknown cause earlier this year. Veterinarians that examined the remaining three last month determined that the male's sperm count is very low and that the two females either cannot get pregnant or cannot carry a pregnancy to term.

The in-vitro fertilization experiment could take place with a southern white surrogate mother. In addition, Vigne said scientists are working with old genetic material to see if they can resurrect the passenger pigeon or dodo bird. By contrast, he noted that the genetic material from northern whites is still alive.

The northern white rhino is a major mammalian species that is "probably or potentially" going to become extinct in the coming years, Vigne said, notwithstanding new reproductive technology.

"And to me that's a real indictment of the human race," he said. "We're all responsible for it, and to stand by and watch it happen ... I think would have been horribly wrong."

THE ASSOCIATED PRESS

Cabinet minister dies after protest

Palestinian official.
Succumbs after scuffle with Israeli troops

A Palestinian cabinet member died Wednesday shortly after he and other protesters scuffled with Israeli troops near a West Bank village. The forces also fired tear gas close to the demonstrators, witnesses said.

During the scuffle, a member of Israel's security forces held Ziad Abu Ain, 55, by the neck. He collapsed, received first aid and died en route to a

hospital, witnesses said.

What killed the Palestinian official remains unclear. His body will undergo an autopsy by Palestinian, Jordanian and Israeli pathologists, the Israeli army said. Abu Ain is the first Palestinian cabinet member to die immediately after a protest.

Later Wednesday, a 12-year-old Palestinian boy was shot in the head and seriously wounded in a confrontation with Israeli soldiers in the nearby Jalazoun refugee camp, said Ahmed Bitawi, the head of Ramallah Hospital.

THE ASSOCIATED PRESS

Israel's defence minister

Obama not 'around forever'

U.S. criticism of Israel's settlements has slowed down construction in the West Bank, Israel's defence minister said Wednesday; he hopes it's "temporary" because the Obama administration "won't be around forever." THE ASSOCIATED PRESS



Mourners of Palestinian cabinet member Ziad Abu Ain carry posters with his picture at the main hospital in the West Bank city of Ramallah, Wednesday. Abu Ain died shortly after a protest in the village of Turmus Aya, near Ramallah, during which witnesses said Israeli troops fired tear gas at him and dozens of Palestinian marchers. Witnesses also said Abu Ain was beaten by an Israeli soldier. NASSER NASSER/THE ASSOCIATED PRESS

Fourth in Europe

Irish lawmakers OK recognition of Palestinian state

Lawmakers have passed a non-binding resolution urging Ireland to recognize Palestinian statehood, but Ireland's government says it would take that step only in co-ordination with European Union partners.

Tuesday night's unanimous vote in Ireland's lower house of parliament followed passage of similarly aspirational motions in Britain, Spain and France.

Sweden officially recognized Palestinian statehood Oct. 30, igniting an EU-wide debate. THE ASSOCIATED PRESS

Rescue raid. Journalist's body arrives in the U.S.

The body of an American photojournalist killed during a high-risk raid to free him and a South African teacher from al-Qaida militants in Yemen has arrived in the United States. Luke Somers' remains were transported aboard a U.S. Air Force C-17 aircraft and arrived at Dover Air Force Base Wednesday.

The Somers family was there to receive the remains, but no media coverage was allowed, according to a U.S. defence official who spoke on condition of anonymity because the arrival was not publicly announced. THE ASSOCIATED PRESS



Luke Somers THE ASSOCIATED PRESS

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Video-game makers face industry crunch

Rush to market.

Ubisoft's recent Assassin's Creed Unity game highlights the industry's 'ship now, fix later' trend

The video-game industry is raking in record profits, but many developers are facing criticism as recent big-budget releases have been rushed to market with technical problems.

Ubisoft CEO Yannis Mallat issued a mea culpa earlier this month for the November release of Assassin's Creed Unity, acknowledging that the overall quality of the game "was diminished by bugs and unexpected technical issues."

The company — which has development offices in Toronto and Montreal that employ more than 2,000 people — intends to offer

Quoted

"People need to understand that things that are built well take time."

Brendan Frye, editor-in-chief of Canadian video game publication CG magazine.

free downloadable content or a free game for those who bought the product before it was patched with a software update.

Toronto-based syndicated video-game critic Marc Saltzman notes a disturbing "ship now, fix later" trend, where developers take advantage of customers' Internet bandwidth to repair a game after its release.

With more than 40 per cent of games released in November and December, Saltzman says many companies set unrealistic deadlines ahead of the holidays.

When a game is delayed or isn't up to snuff, reaction can be swift.

"With social media it's so fast to disseminate information, and if there's some bad experiences these companies could be shooting themselves (in the foot)," says Saltzman.

The Witcher 3, another highly anticipated 2015 release from Polish video game developer CD Projekt RED, was delayed from this fall to May 19, 2015.

"These companies have so many people to answer to that when things are delayed they are the ones that suffer. Their investors get upset, their stock prices fall and the public themselves turn on them pretty quickly," says Brendan Frye, editor-in-chief of Canadian video game publication CG Magazine.

"These issues are going to persist unless consumers start demanding (developers) do make the change, take the time to finish it, and people have to understand that things that are built well take time."

THE CANADIAN PRESS



Community building blocks

Huxley Briggs uses a sander in his father's workshop at their home in Whitehorse, Yukon. Briggs was just tall enough to see over the counter, but that didn't throw the five-year-old off his pitch to sell 10 of his Yukon-wood building-block sets to a Yukon toy store for \$10. The rectangles and wedges came nicely packaged in plastic with a label in his own printing that read, "Huxley's Block Company." The sets sold out in one day. Many of the blocks were made by Huxley himself using power tools. The store is selling the blocks for \$20 each and is donating the profit to Big Brothers and Big Sisters of Yukon, the family's charity of choice. HANDOUT/THE CANADIAN PRESS

Canadian real estate

Gaining strength

The Bank of Canada says house prices may be overvalued by up to 30 per cent, but governor Stephen Poloz says the real-estate market is headed for a soft landing.

"We believe the economy is gathering strength, it's beginning to rebuild itself, it's going to create new jobs and income is going to go up," Poloz said.

THE CANADIAN PRESS

Market Minute

DOLLAR
87.11¢ (-0.3¢)

TSX
13,852 (-342.78)

OIL
60.94 US (-2.88)

GOLD
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Natural gas: \$3.706 US (+5.4)
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VOICES

ARMING TRANSIT STAFF

Do you want transit workers armed in your city? With the Toronto Transit Commission expanding its proof-of-payment system, so, too, will it be expanding its force of fare inspectors equipped with batons. The TTC says the practice is meant to protect inspectors from belligerent riders, but critics say this sets a bad precedent

Yes

Staff need the right gear to protect them



Brad Ross

Fare inspectors began riding the 501 Queen and 510 Spadina streetcars in August, introducing themselves to customers and explaining the proof-of-payment (POP) concept that requires anyone riding those two lines to show a Metropass or paper transfer if asked by an inspector.

All streetcar routes become POP as the new streetcars are introduced, but the TTC is looking to accelerate that, starting with the 504 King streetcar on Jan. 1.

While fare inspectors are educating and informing customers about POP, they will also be issuing tickets when warranted.

The fine for failing to pay a fare is \$235. And while fare inspectors are professional, highly trained and accountable in all they do, there may be instances where our inspectors will be required to defend themselves from someone who objects to being asked for proof-of-payment or is being issued a ticket.

In all such cases, police are called.

As an employer, the TTC has an obligation to ensure its employees have personal protective equipment for the job they're being asked to do.

The TTC understands the concerns around use of force, which is why, in addition to training at a police standard, oversight and accountability are firmly in place should those tools be used improperly.

Brad Ross is a spokesman for the TTC



No

Batons won't solve transit problems



Dr. Daniel Bear

The TTC's practice of equipping fare inspectors with batons and handcuffs is troubling. While the spectre of harassment and assault on public transit is a valid concern, providing these tools to inspectors implies they regularly encounter violence and criminality in their work — not a reassuring message to TTC riders.

In a recent news event, neither the TTC nor the Toronto Police Service were able to furnish statistics on the number of criminal incidents that occur on the TTC.

With the decision to introduce what are effectively new powers and weapons into the mix, it would seem best if there was clear evidence of a need.

I would suggest the TTC reconsider the efficacy of armament, as such tools are entirely reactive in nature.

Perhaps more proactive work with passengers to encourage fare compliance, enhanced patrol of TTC vehicles by actual police officers, and a payment confirmation system more advanced than strips of newsprint would be a better route than arming fare inspectors.

Transit users need to feel safe, but they also want to get where they are going. Frankly, that seems to be a much bigger issue in Toronto. Handcuffs and batons won't solve the TTC's problems, and instead set a bad precedent at a time when the rest of Ontario's law enforcement community is becoming more proactive.

Dr. Daniel Bear is a Professor in the Community and Justice Studies program at Sheridan College.

Here's a look at how transit authorities arm — or don't arm — their staff around the country and the world

Halifax	Ottawa	Toronto	Winnipeg	Calgary and Edmonton	Vancouver	New York City	London, U.K.
Does not have transit police. Transit drivers aren't armed and don't have the authority to make arrests.	OC Transpo Special Constables are designated peace officers and are trained by police to use batons and pepper spray.	Similar to police, Toronto's Transit Enforcement Officers can make arrests. Fare inspectors can intervene only if they've seen an offence personally.	Has six transit inspectors appointed as Special Constables. They do not carry weapons and are not able to make arrests.	Transit officials in both cities are armed with batons, pepper spray and handcuffs.	Vancouver's Transit Police carry guns and have the same authority as other police officers.	The NYPD polices the city's transit system. Officers are armed and have the authority to make arrests.	Most British Transport police are unarmed. Its special firearms unit, however, does carry guns.

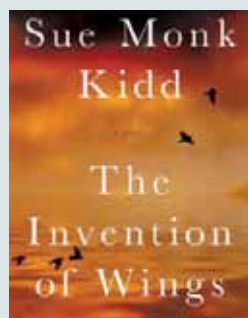


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The year's need-to-know books

Here at Metro, it's our solemn duty to spend the year reading all the latest books. Now it's time to present our annual cheat-sheet: We're offering up just enough information to help you sound like you've been reading all year too. These five books came out in 2014, but they'll still be dominating cocktail parties and casual conversation well into 2015. So if you're struggling to make small talk at that significant other's holiday work party, here are some suggestions.

EMILY LAURENCE
Metro in New York City



The Invention of Wings

By: Sue Monk Kidd

Two words: Oprah-endorsed. The Secret Life Of Bees author Sue Monk Kidd has another bestseller on her hands with her novel about a reluctant slave owner who forms an unlikely friendship with her slave during the 1800s.

Line to drop at a party: "What's interesting is that the principle character is based on a real champion of the African-American and women's rights movement, yet she's virtually unheard of. It makes me wonder what other women crusaders never made the history books."



Yes Please

By: Amy Poehler

Everyone is still talking about the Parks and Rec star's memoir, in which she chronicles the path from her early days of comedy to her Saturday Night Live career. She also gets real about her divorce from Will Arnett, past drug use, motherhood and how she feels about entering her 40s.

Line to drop at a party: "Amy is a classy broad. She talks about how heartbroken she was after her divorce without bashing her ex. That takes some epic restraint."

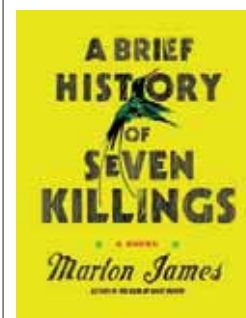


Not That Kind of Girl

By: Lena Dunham

Girls creator and star Lena Dunham dominated blogs with her book of personal essays. There are plenty of gems of wisdom such as, "Being treated like s—t is not an amusing game or a transgressive intellectual experiment. It's something you accept, condone and learn to believe you deserve."

Line to drop at a party: "I wish she talked about her friendships with the Girls cast more, and she only mentions Jack Antoff twice. What gives? Maybe it's harder for her to write about things that make her most happy than the things that give her extreme anxiety."



A Brief History of Seven Killings

By: Marlon James

Using an attempted murder on Bob Marley as a focal point, Marlon James tells the fictional histories of seven gunmen to expose the dangerous Jamaican climate during the '70s, '80s and '90s. Also, the 700-page tome is definitely not brief and it includes many more than seven killings. Just saying.

Line to drop at a party: "James narrates through dozens of different voices, yet it never feels disorganized or disjointed. That's what makes it genius."



All the Light We Cannot See

By: Anthony Doerr

This novel has dual narratives, both set in the Second World War: One is about a blind 16-year-old girl living in France and hoping to escape the bombings, while the other follows a guy named Werner who works for Hitler's side of the war, tasked with tracking down illegal radio transmissions. Their lives inevitably intercept in an anticipated, yet highly enjoyable climax.

Line to drop at a party: "The line 'Open your eyes and see what you can see with them before you close them forever,' changed my entire outlook on life."

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Love Me Harder
- 5 Mark Ronson ft Bruno Mars
Uptown Funk!
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Commercial baby food feeds negative desires

Inventing Baby Food.

Nutrition professor says early exposure to bland food increases our natural craving for sugar, salt and fat

Where did baby food come from and where has it been? Cultural historian Amy Bentley, mom of three teenagers and an associate professor in the Department of Nutrition, Food Studies and Public Health at New York University, answers that question and more in a sweeping new book tracing how North Americans feed their infants. Her *Inventing Baby Food: Taste, Health and the Industrialization of the American Diet*, was published in September.

What did families do before baby food came along?

Before the 20th century, the age at which one fed an infant solid food was much later — somewhere between

nine and 12 months. The age today is between four and six months. In the 1950s and '60s, it was four to six weeks.

It was thought that you shouldn't feed infants fruits and vegetables until after the age of two. There was a lot of distrust over fruits and vegetables. It harkens back to medieval and earlier theories of the body.

Where do you stand?

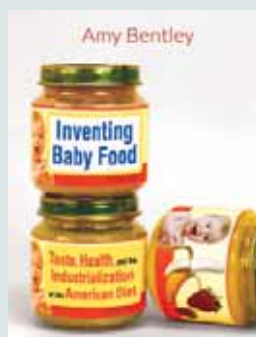
I'm not against commercial baby food. The book is a story of the industrialization of food in the United States, and baby food is the case study.

As always there's trade-offs. The industrialization of food helps ensure a supply. It creates a low-cost supply of food so that more people can have more access to food, certainly compared to 300 years ago. Sometimes, that food is not made very well and that affects health and nutrition, but canned food provides convenience.

And that's part of the story of baby food. It provides a convenience for American

Mom consumers

The rise of mothers as the main family shopper helped drive demand for baby food. "It's an idea that really comes about in the early 20th century," says author Amy Bentley, "as you get the rise of mass production of goods, advertising, marketing, just a mass proliferation of consumer goods available that weren't before, so a mother's job of nurturer gets inextricably intertwined with a consumer."



mothers. It gives them greater mobility. It allows women to go to work.

How did baby food impact the palates of generations raised on it?

At the mid-20th century, it was made the way all other canned foods were made, with added sugar, salt, preservatives, things that changed the flavour and the vitamin content. That was what it meant to be a good mother, to feed your baby primarily formula and then commercial baby food.

What we're finding now, through research, is that babies learn through taste, and they learn from the get-go. Amniotic fluid is flavoured. Breast milk is flavoured. So infants are emerging already experiencing tastes and

or bland baby food that has high sugar or salt content, it limits the palate development. It limits the education of a child.

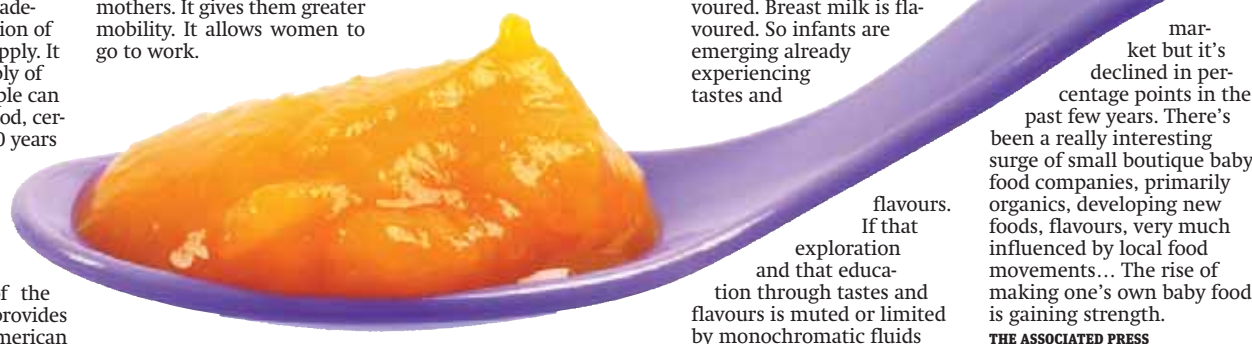
Humans are hardwired to crave sugar, salt and fat. That's evolutionarily one of the ways we've survived.

What is the state of the commercial baby food industry today?

It's still a very viable

market but it's declined in percentage points in the past few years. There's been a really interesting surge of small boutique baby food companies, primarily organics, developing new foods, flavours, very much influenced by local food movements... The rise of making one's own baby food is gaining strength.

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Internet star Zoella had 'help' with book

Novel. Publisher admits YouTube sensation did not pen her record-setting debut

Young British YouTube star Zoella, whose debut novel sold a record number of copies in Britain in its first week, has admitted she had "help" writing the book.

Girl Online became the fastest-selling work by a first-time author in Britain since records began in 1998, selling more than 78,000 copies in seven days last month.

Zoe Sugg, 24, became a YouTube sensation under the pseudonym Zoella when she started a "vlog," or video blog, in 2009, filled with fashion, beauty and lifestyle tips for young women and girls.

She built up more than six million subscribers and went on to sign a two-book deal with Penguin Random House.



Speculation had been mounting, however, that the first book, which tells the story of a teenage blogger and her relationship with a U.S. musician, was ghostwritten.

Responding to the claims on Twitter, Zoella wrote: "Everyone needs help when they try something new. The story and the characters of Girl Online are mine. I want to thank all of you who have

taken the time to support the book."

A Penguin spokesman confirmed Monday "Sugg did not write Girl Online on her own."

"For her first novel, Girl Online, Zoe has worked with an expert editorial team to help her bring to life her characters and experiences in a heartwarming and compelling story," he said.

Girl Online was an instant hit, outselling the debut offerings of Harry Potter creator J. K. Rowling, Dan Brown, author of the The Da Vinci Code, and E.L. James' Fifty Shades of Grey.

Rumours started building that Girl Online was not Sugg's own work, however, with The Sunday Times highlighting similarities with the world of author Siobhan Curham.

In the book's acknowledgements, Sugg thanks "everyone at Penguin for helping me put together my first novel, especially Amy Alward and Siobhan Curham who were with me every step of the way." **AFP**



A rebel on the screen and off, Kirk Douglas counts crediting blacklisted screenwriter Dalton Trumbo on Spartacus as his most rebellious move. "I was much younger then, and I was much more stubborn," he says. **CONTRIBUTED**

Kirk Douglas reflects on his life of poetic passion

Life Could Be Verse. Legendary actor, 98, shares poems, essays and photos about his family, career and wife of more than 60 years

Kirk Douglas is done with writing. The rakish screen legend with the famously dimpled chin made that abundantly clear on a recent afternoon at his Beverly Hills home, a few days before the release of his poetry collection *Life Could Be Verse: Reflections on Love, Loss, and What Really Matters*.

"To me, this is my best book, and my last book," said Douglas, seated next to Anne, his wife of more than 60 years.

It was a pronouncement that came up more than a few times. The Spartacus star, who just turned 98, has 87 films to his name, 11 books, and is one of the last living members of old Hollywood. By now, the world probably thinks it knows Kirk Douglas.

But in some ways, *Life Could Be Verse* is his most personal work, featuring poems from throughout his life, along with essays and private family photos that help paint a picture of him as a man, a father and husband.

In an industry not known for domestic stability, Kirk and Anne may be one of the greatest Hollywood romances. Seated on a cozy couch in a home that is elegant, modest and lived-in, the couple recalled their first meeting in Paris. He was working on the film *Act of Love*. She was the publicist.

Romantic ruminations



Anne and Kirk Douglas
THE ASSOCIATED PRESS

Kirk Douglas, who now has 11 books to his name, says writing helps keep him grounded. "We are living in a town of make-believe. I have done about 90 movies. That means that, every time, I was pretending to be someone else. There comes a time in your life when you say, 'Well, who am I?' I have found writing books a good substitute to making pictures. When you write a book, you get to determine what part you are playing."

"I thought she was so beautiful, and I lowered my voice and said, 'Would you like to have dinner?'" he said. "I waited for an answer and she said, 'No, I think I will go home and make some eggs and go to bed.'"

Anne had her own views about transient movie stars. A lot of her friends were going

out with actors at the time. "I said to myself, I'm not going to do that," she said.

Then she attended a charity event where actors played the parts of circus performers. Douglas, sporting a tuxedo, decided his talent would be cleaning up after the elephants. "I held on until he picked up the elephant doo," she laughed. "That did it for me."

"Obviously she was looking for a garbage collector," Douglas chimed in.

Still, a cute beginning is hardly noteworthy. Longevity is. "Romance begins at 80, and I ought to know," he said, referencing one of his poems.

"I'm a romantic guy. You think I'm always shooting guns with John Wayne, but I can be romantic. And, listen, we're sitting here. We have been married for 60 years. A few poems help."

Over the years, the Douglases have devoted themselves to philanthropy. The shared passion has been important for the couple, who have endured tragedy, including his stroke in 1996 and the death of their youngest son, Eric, in 2004.

"Our goal has been, since we're able to do that, to help a little bit and to share what you have with those in need. That has been a very big bond between us," said Anne.

They sold art from their personal collection to help fund various causes, including the restoration of more than 400 playgrounds in the Los Angeles area and the development of a shelter for homeless women downtown. In 2012, the couple pledged \$50 million to five charitable organizations.

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METRO'S TAKE ON
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Angelina Jolie ALL PHOTOS: GETTY IMAGES

That Sony hack is the gift that keeps on giving

Now that all the personal Social Security Number and salary dust has settled from the massive Sony hack, we're starting to get down to some good dirt. And let's just put it this way: Super-producer Scott Rudin likely won't be working with Angelina Jolie again. In blistering emails

back and forth with Sony chief Amy Pascal while trying to get their botched Steve Jobs biopic moving, Rudin continually bashed Jolie and her desire for a big-budget Cleopatra movie directed by David Fincher. How does Rudin really feel about Jolie? In his own words: "I'm not destroying

my career over a minimally talented spoiled brat," Rudin writes. "She's a camp event and a celebrity and that's all, and the last thing anybody needs is to make a giant bomb with her that any fool could see coming. We will end up being the laughing stock of our industry and we will deserve it."

Scarlett Johansson weighs in on pregnancy

In keeping with the grand tradition of famous people procreating, new mom Scarlett Johansson has weighed in on the topic of losing weight post-pregnancy, thanks to the probing questions of Barbara Walters. And Johansson is firmly on Team Breastfeeding. "It's the best way to get back in shape," she tells Walters during a 10 Most Fascinating People of 2014 special interview. "(I do) the whole bit. I'm nursing and I love it." So there you go.

Lily Allen tweets anti-Twitter tirade

Lily Allen is livid over gossip reports that she is "trying to grow up" and giving up alcohol. Seriously, how dare they suggest such a thing? Instead, Allen took to Twitter to suggest that we all give up ... Twitter? "Let's give up social media and the Mail Online. It's killing me. That is all," Allen tweeted, though it clearly was not actually all: "I feel like we're not evolved enough to handle the Internet, psychologically. I preferred real records and newspapers with news in them. Everything was just better and nicer. We were nicer. And I wouldn't be here." Here meaning Twitter, which she thinks we should all give up. Got it.

Avril facing health issues, asks fans to pray for her

Apparently singer and former Nickelback fan Avril Lavigne's current mysterious health issues are so serious that she's letting the hashtag #Pray-ForAvril be a thing — and even tweeting it herself. In a Twitter direct message exchange with a fan account, Lavigne revealed, "I feel bad because I haven't been able to say anything to the fans to let them (know) why I've been absent" and, "I'm not feeling well. I'm having some health issues. So please keep me in your prayers." Following the release of the exchange, a rep for Lavigne confirmed the health issues to Billboard while clarifying that the singer is not pregnant, despite speculation.



Avril Lavigne



Kim Kardashian

And God said, Let Kim Kardashian get fat

Kim Kardashian has an interesting take on pregnancy weight — and how much time God spends thinking about her. In an interview with Elle's

U.K. edition, Mrs. Kanye West says of putting on weight while pregnant: "I'd think God was doing this for a reason. He was saying: 'Kim, you think you're so hot, but look what I can do to you.' My body just went crazy. After five months I swore I'd never get pregnant again. I got so huge and it felt like someone had taken over my body."

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Meet Imaan Hammam, the newest Victoria's Secret model

Style. The Dutch model shares the 'cheesy' secret to her homeland's catwalk success at this season's lingerie show

"Yeah, there's a lot of energy and fun here — and I love London," beamed Imaan Hammam amongst the hubbub of the Victoria's Secret hair and makeup area.

The 18-year-old was one of five Dutch girls, including the brand's contracted supermodel Doutzen Kroes, to strut alongside the other 26 models on arguably the most beautiful runway on the planet.

While being Dutch apparently helps, the stunner, who is of Moroccan-Egyptian descent, talks about her VS debut in Earls Court, London and what it takes for an 'Angel' to earn her wings.

There are quite a few Dutch girls walking in the show this year. What's your explanation for the takeover?

Yeah, five girls! I don't know ... we just have good food in the Netherlands. Yeah, it's the food and the cheese.

Any cheese in particular?
Young Belegen.

Is there much camaraderie between all the Dutch natives?

Yeah, we're doing a group picture later today with Doutzen and everyone.



Imaan Hammam struts her stuff during the Victoria's Secret fashion show at Earls Court on December 2, 2014 in London, England. The full show aired on CBS Tuesday night. GETTY IMAGES

Angelic ambitions

"You have to be powerful but also be yourself — that's what VS is about."

Imaan Hammam
Victoria's Secret model

Has it always been your dream to walk for Victoria's Secret?

Actually when I was young, I used to watch this show every year and then two weeks ago I had the casting!

Were you nervous?

I was dead nervous. I couldn't even believe it. And then two days after, my agency called me and they were like, "You're doing the show" and I was like, "Really? No way!"

It's your first time doing Victoria's Secret, so how did it compare to other shows?

Yeah, it's the first time. You have to train a lot.

Do you now have abs of steel?

(Flexes her muscles) Yep, you have to be powerful, but also be yourself — that's what VS is about.

Did you have to change your diet?

A lot of vegetables, smoothies and plenty of water!

Are you going to let your hair down post-show?

I'm going to the after-party, then straight to my hotel room and ordering room service — hamburgers, pizza ... everything. Now I need that stuff.

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**TOTAL
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20 MINUTES

This recipe serves two. MAES STUDIO, INC.

As if French toast could get any better...

Waffled Chocolate-Stuffed French Toast with Whipped Butter. An embedded layer of chocolate elevates this breakfast treat

1. Preheat the waffle iron on high. Preheat the oven on its lowest setting.

2. In a pie pan or deep dish, whisk together the eggs, milk, vanilla, and salt.

3. Place 2 slices of bread in the egg mixture and soak them until they've absorbed some of the liquid, 30 seconds. Flip the slices and soak them for another 30 seconds.

4. Coat both sides of the waffle iron grid with non-stick spray. Place a slice of soaked bread on the waffle iron and pile a little less than half of the chocolate chips on the slice. Top with the second slice of soaked bread, close the waffle iron, and cook until the bread is golden brown and the chocolate is melted, 3 to 4 minutes. There should be no trace of uncooked egg mixture.

5. Remove the French toast from the waffle iron and repeat Steps 3 and 4 to make the second batch. Place the finished French toast in the

oven to keep it warm.

6. Slice the French toast into quarters. Pop open the "pocket" in each quarter and stuff the remaining chocolate chips into the opening. The residual heat will melt the chocolate.

7. Top each portion with the Whipped Butter and dust with the powdered sugar before serving.

Whipped Butter
Whipped butter adds a restaurant-quality touch to the dish. It's best to use salted butter.

1. To make whipped butter, set out the butter at room temperature for 1 hour to allow it to soften. Once it has softened, put it in a mixing bowl and beat with an electric mixer on

medium speed until the butter is fluffy and slightly lighter in color, 1 minute.

RECIPE EXCERPTED FROM *WILL IT WAFFLE? YES, IT WILL* BY DANIEL SHUMSKI (WORKMAN PUBLISHING). COPYRIGHT © 2014.

Cookbook of the Week

Waffle your faves



Daniel Shumski has done all the messy work of figuring out what foods will waffle and presents his findings (53 perfected recipes) in *Will It Waffle? Yes It Will!*

Waffling foods other than waffles is not just a novelty but leads to great culinary innovations. For example, waffled bacon reaches perfect crispness and cooks super fast in the two-sided heat source.

Recipes in the book include Waffled Cuban Sandwich, Crisscrossed Crab Cakes, Crispy Sesame Waffled Kale, and Waffled Macaroni and Cheese. **METRO**

Ingredients

French Toast

- 2 large eggs
- 1/2 cup milk
- 1/4 tsp pure vanilla extract
- Pinch of salt
- 4 slices bread, such as challah or brioche, cut thick
- Nonstick cooking spray
- 1/2 cup chocolate chips (semi sweet, bittersweet, or milk chocolate)
- 1 tbsp Whipped Butter (recipe follows)

Whipped Butter

- Powdered sugar, to taste
- 8 tbsp (1 stick) salted butter

Save Big THIS HOLIDAY SEASON



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*Select offers valid in participating liquor stores until January 4, 2015. Selection may vary. Prices subject to change. © 2014 Diageo Canada Inc.

Grade A gifts for teachers

Pop quiz. Gift class is now in session — first test, what to buy the teacher in your life

**YIVA
VAN BUUREN**
For Metro

Looking to pick up something special for your children's teacher?

A gift is a wonderful way to show appreciation for the important part that the teacher plays in their lives — and it's a great way to teach children that giving is an important part of the holidays, too. These fun and practical ideas are sure to get an A+.



Light thinking

Your teacher will appreciate this long lasting candle, which will fill the air with a delightful aroma. This is the perfect gift to wrap up for the teacher to take home. Boxed scented amber candle, \$24.99, at HomeSense, homesense.ca.



Chocolate lessons

Belgium is home to some of the best chocolate in the world ... these cookies are delicious proof. Sensations Belgium biscuits collection, \$7.99, at Sobeys, sobeys.com.



Hand therapy

Holding chalk and writing on a chalk board can cause hand stiffness ... these fun and colourful rubber balls are designed to increase flexibility and relieve joint pain. Restore hand therapy kit contains three two-inch round rubber balls, \$14.99, at Canadian Tire, canadiantire.ca.



Apple of my eye

Here's an extra special apple for your teacher. Wrap up one of these specialty caramel apples for a sweet and creative gift. Caramel Apples, \$8.99 to \$12.99, at Rocky Mountain Chocolate Factory, rockychoc.com.

Not sweet enough

Chocolate is one of teachers' favourite gifts to receive, and this simple gift idea is one you can put together or buy prepared ... hot chocolate in a jar. Toffee fudge hot chocolate in Mason jar, \$9.99, at Shoppers Drug Mart, shoppersdrugmart.ca.



Surprise

Everyone loves surprises ... crackers contains a mini lip gloss and eye shadow from Quo Cosmetics. Quo Christmas crackers, 3/pack, \$15, at Shoppers Drug Mart, shoppersdrugmart.ca.



Happy owl-idays

Festive holiday mug is for the smartest teacher in the world. \$12, at Indigo, indigo.ca.



Pretzel logic

Everyone will love these bite-sized pretzels dipped in peppermint-flavoured white chocolate. Happy holidays. Peppermint pretzel frost bites, \$12, at Indigo, indigo.ca.



Biscotti

Satisfy a teacher's sweet tooth. These traditional cookies come in a variety of flavours and are sure to satisfy the palate of even the strictest teacher. Pick up homemade biscotti at your favourite bakery or local supermarket.



Scent test

Wrap up scented soaps for your favourite teacher. Floral grapefruit triple-milled soaps, \$12.99, at HomeSense, homesense.ca.



Time out

When kids head outside for recess, teachers often head to the staff room for a time out too ... and a cup of tea.

Premium tinne teas, \$4.99/each and porcelain tea cup and saucer, \$6.99, both at Winners, winners.ca.



Coffee break

Dishwasher and microwave safe, this tall porcelain latte mug is a perfect staff kitchen addition. You can sweeten this gift by filling it with jelly beans or your teacher's favourite candies. H2K tall latte mug, \$2.99/each, at Canadian Tire, canadiantire.ca.



Take note

This red Coptic journal will make the teacher happy — it's practical and pretty. \$14, at Indigo, indigo.ca.

14
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High-tech solutions

Life-simplifying. If someone on your list has everything, these gifts are a no-brainer

MIKE
YAWNEY
For Metro

Still searching for a gift for the hard-to-buy-for person on your list? Here are some unique gadgets for those who seem to have just about everything.

Kobo Aura H2O \$179.99

Tired of putting your eReader in a bulky case or resealable zipper



bag when taking it into the bathtub or near the pool? The Kobo Aura H2O, the world's first waterproof eReader, may be for you. This model can be submersed in one metre of water for up to 30 minutes, and is dust-proof so you don't have to worry about sand getting under the screen. A single charge can keep you reading for nearly two months, depending on how bright you keep the backlight.

Oral-B Smartseries Toothbrush \$199.99

This high-tech toothbrush connects to your smartphone via Bluetooth to gather personal brushing



data. Brushing too hard? Sensors will notify you and adjust the speed of the brush to ensure you don't harm your gums. The toothbrush also keeps you entertained while brushing by showing you top news stories and weather updates so you continue to brush for the optimal time. Works with Android and iOS devices.

Tile \$20

Never lose your keys again. The small plastic tag can be attached to your car keys, television remote, or other device in your



home. Once paired with your smartphone, it will send out a silent beacon, notifying you where it is. Tile is small enough to be placed almost anywhere, even inside a wallet or purse.

Sony SRS-X7 Speaker \$299.99

You don't have to give up sound quality for portability. Stream songs from your favourite audio device via Bluetooth, Wi-Fi, and Airplay, or listen to them via the audio jack. A hidden USB port allows you to charge your smartphone or tablet while you listen to your favourite tunes. A single charge will give six hours of playback.



even respond by using voice control. The built-in heart rate monitor and pedometer is ideal for those who live a healthy lifestyle.

Impossible Instant Lab Photo Printer \$199 US

Turn your iPhone photos into Polaroid-style prints. Download the app, place your iPhone on top of the device, and watch as your digital photos are transformed into instant analog prints.



Moto 360 Smartwatch \$279

Easily one of the most attractive and stylish smartwatches on the market. Once paired with your Android smartphone, the Moto 360 will notify you of incoming email, texts, and social media alerts without you having to look at your phone. You can

BioLite Basecamp \$299.95 US

The ultimate gift for avid campers. Grill, cook, and boil on this high-tech camp stove. The grill is elevated above the firewood for bet-



ter temperature control. A built-in thermoelectric generator converts heat into electricity, which powers a LED light for cooking in the dark, and generates power to charge smartphones and other gadgets.

Philips Hue connected Bulb Starter Pack \$199.95

Change the look and feel of any room in your home with these unique colour-changing bulbs. Each bulb communicates with your iPhone or iPad, allowing you to dim, set timers, or change the colour. Since the bulbs are LED, they consume 80 per cent less power than traditional light bulbs.



HOLIDAY SALE

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Clockwise from top left: Moto 360 Smartwatch, \$279; Impossible Instant Lab Photo Printer, \$199 US; Oral-B Smartseries Toothbrush, \$199.99; Kobo Aura H2O, \$179.99; Philips Hue connected Bulb Starter Pack, \$199.95; BioLite Basecamp, \$299.95 US; Tile, \$20; Sony SRS-X7 Speaker, \$299.99.

Gift ideas for the foodie in your life

In the kitchen. Go big — why not get them something that's been on their wish list for years

RICK MCGINNIS
For Metro

Buying a gift for a foodie isn't terribly different from trying to find a Christmas present for your rich friend or relative — it's not what to get them, but what they don't have that's the problem.

For most foodies, eating out isn't nearly as much fun as eating in, and, as a result, their kitchens are usually stuffed to bursting with double boilers and mandolins and fish poachers.

The best option is to go big — to buy them that high-end item that's been on their wish list for years. Right now, that would probably be a sous vide. The tide has finally receded on the whole molecular gastronomy craze, but it's left behind a few vital techniques, prime among which is cooking with a sous vide — sealing meat or fish in a vacuum bag and immersing it in a bath of hot water, maintained at a constant but relatively low temperature and circulated for a long time.

The Rolls Royce of sous vide machines is the **Polyscience Professional Immersion Circulator**, which clamps on to the side of your stock pot or deep tray and maintains up to eight gallons of water at a perfectly steady temperature for hours. It's exclusive to Williams-Sonoma and sells for \$795.95 US on its website.

A more budget-oriented sous vide machine is the **Caso Sous Vide Center**, which looks like a bread maker and does the same job as the Polyscience in a smaller package tailored for family meals and not a full restaurant. It's available for as little as \$369 at cedarlaneculinary.ca, which also offers a sous vide package that includes a vacuum sealer, two rolls of vacuum bags and a

cookbook for \$469.

Another thing about foodies is that they can never have too many cookbooks, and one of the bestsellers of the season is **Heritage by Sean Brock**, the Charleston, S.C.-based chef that chef and TV personality Anthony Bourdain called "one of the most important chefs in America."

Beautifully illustrated with photos of food, produce and Brock's hometown, it includes recipes for everything from Hoppin' John — that most essential of southern comfort foods — to more ambitious dishes like chilled fennel bisque with citrus-cured scallops and almond oil. (\$24 at amazon.ca.)

People have rediscovered their ovens lately as well — it must be the long winters — so your foodie friends might want to start upgrading their battered old tins and pans with something really nice, like a set of **Le Creuset bakeware**. Available in a range of colours, this revered line of French cookware brings a welcome note of Julia Child into any lab-like, stainless steel-filled modern kitchen.

Another piece of kitchenware undergoing a renaissance is the flat griddle, which requires a sympathetic cooktop and a bit of storage space, but will let you sear, sauté and fry more than one ingredient at a time. Griddles that straddle two burners on a stove are the most useful, and are made by everyone from Calphalon to Le Creuset to Lodge. **All-Clad's double-burner griddle** is nice and heavy, and available from the Bay for \$180. If you don't have a stove that happily makes space for one, All-Clad also makes a **standalone electric model with a drip pan**, \$360 at the Bay.

Finally, it's nice to have something to cook. The paleo diet has put proteins at the centre of plates, but instead of big slabs of meat, smart cooks are setting smaller cuts on top of beds of legumes to showcase two kinds of protein. U.S. food website markethallfoods.com features a fine range of dried beans, from a bag of

Rancho Gordo's flageolet beans (\$8.50 US) to **black valentine beans from Community Grains** (\$7 US) to **fine French puy lentils** (\$13 US). Stuff a few of these into stockings or a gift box with baking dishes or saucepans and point foodie friends toward the kitchen.



All-Clad's electric griddle, \$360 at the Hudson Bay Company, thebay.com.



Caso Sous Vide Center, from \$369 at Cedarlane Culinary, cedarlaneculinary.ca

NEED IDEAS?



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Consider yourself lucky if you are shopping for a food lover. With so much to choose from, finding the perfect gift is easy. SHUTTERSTOCK

The Holidays
are HERE

19 Celebrate RESPONSIBLE CHOICES

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BEER • WINE • SPIRITS

FAMILY FUN GUIDE

BY JON TATTRIE

Where to go, what to do and how to get there. Here are this week’s activity listings



NUTCRACKER LIVE

Enjoy the holiday tradition of The Nutcracker with Symphony Nova Scotia. Musicians team up with Halifax Dance and Mermaid Theatre to present live stage performances Saturday at 7:30 p.m. and Sunday at 2 p.m. Tickets at symphonynovascotia.ca.



A CHRISTMAS STORY

The classic family movie takes to the stage at Neptune Theatre to follow Ralphie Parker’s quest for a genuine Red Ryder BB gun. Shows Saturday at 2 p.m. and 7:30 p.m., Sunday at 2 p.m. Go to neptunetheatre.com for more.



CLASS OF ’84 AT DART

Show your kids the 1980s glory years at the Dart Gallery in Dartmouth. The fun little gallery’s Class of ’84 show turns gremlins, ghostbusters, and terminators into accessible art. Open Saturday 11 a.m.-4 p.m., Sunday 12 p.m.-4p.m. Visit thedartgallery.com for more.



LIBRARY OPENING

The glorious Halifax Central Library opens its doors for the very first time on Saturday. Arrive at 9 a.m. for outdoor events and the ribbon-cutting. Doors open at 10 a.m., with special programming throughout the day. More information at halifaxpubliclibraries.ca.



RAINMEN RAIN DOWN

Halifax’s favourite basketball team returns to the Scotiabank Centre to play Maritime rivals Island Storm at 2 p.m. on Saturday. The Rainmen have been uneven this season but have put together a couple of impressive wins recently. For more, visit rainmenbasketball.ca.



PANTO AT THE OK CORRAL

The Wild West comes alive at the Theatre Arts Guild in Purcell’s Cove. They will be singing, dancing and laughing too, through this tale of ill-designed revenge. Saturday’s the last day, with shows at 2 p.m. and 8 p.m. Go to theatrens.ca for more.



“Someday I’d like to play on Team Canada.” – Madison, age 8

Every kid has a someday. It may be something fantastical like flying to the moon, something practical like following their dad into construction or something we all can relate to like wanting to be surrounded by love. No matter what it is, we want to give them the support they need to get there. That’s why we’re pledging \$100 million over five years to help over a million children do just that. Let’s make every kid’s someday™ happen.



RBC
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Safe drinking water is a charitable gift benefiting those in need. CONTRIBUTED



Livestock is always a great charitable gift. CONTRIBUTED

FIND A CAUSE CLOSE TO SOMEONE'S HEART

Soon — whether we're into it or not — we'll be in the thick of the holiday shopping frenzy. Throngs of shoppers will descend on malls, parking spots will be in short supply, and checkout lines will be the longest of the year.

Not surprisingly, after a few hours in the stores, some of us will start resembling the walking dead. Then, there's the challenge of finding that perfect gift for that one person who has everything. If you are looking for a great idea for relatives or friends who already own it all, consider a charitable gift or donation in his or her name.

With so many choices out there, you're sure to find a cause that's close to someone's heart or a charitable organization that reflects the gift recipient's passion or values.

Research says people like to give and receive gifts that help those in need. And the numbers prove it.

According to a poll conducted by Ipsos Reid on behalf of World Vision, four in five Canadians prefer to give a gift that helps someone in need, and 63 per cent prefer to receive one. The good news is that charitable gift giving in Canada has never been easier. Here are just a few sites worth visiting this holiday season.

World Vision Canada: Goats and chickens and pigs, oh my!

Through a World Vision charitable donation, you can help a child have a better future.

For just about a dollar a day, you can help provide things like access to education, health care and clean, safe drinking water. Giving a meaningful gift from World Vision's unique gift catalogue is a wonderful way to get, and share, in the spirit of the season.

What are the best-selling gifts? Two hens and a rooster (\$50) and goats (\$100) are always gifts that people love to give out, but group gifting of water wells and stocking medical clinics are gaining popularity as well. Find a wide range of meaningful, life-changing gifts for the holidays at worldvision.ca/gifts.

CanadaHelps.org: An online portal with thousands of choices

If you're not sure which charity would be most meaningful to your friend or family member, consider a gift card from CanadaHelps.

An online portal to thousands of some 80,000 registered Canadian charities, CanadaHelps offers gift cards that let the recipient choose where to give. All you have to do is visit canadahelps.org/GiftCards, browse by charity or by category (eg., social services, environment, arts and culture, animals, international), pick an amount and provide details on where the card is going.

Moving people from poverty to possibility

The holidays are a time when people take comfort in spending time with their families and get joy from gift giving.

"Unfortunately, there are many people in our community who don't get to enjoy those comforts," said Catherine Woodman, the CEO of United Way Halifax.

In Halifax, approximately 1,700 people spend nights in homeless shelters each year. There are also 4,000 people waiting for affordable housing, one in three seniors lives alone and 85 per cent of low-income families are led by a woman. United Way Halifax has been operating for almost 90 years and its primary purpose is fighting poverty and improving community health.

It does this by creating opportunities so people can be financially secure, supporting resident leaders in neighbourhoods, building a sense of belonging for seniors, new Canadians and families to increase social capital, and changing the culture to support healthy active living.

Next to government, United Way Halifax is the largest funder of social service organizations in Halifax.

During the holidays, it is asking people to be



In Halifax, there are approximately 4,000 people waiting for affordable housing. CONTRIBUTED

generous to their fellow citizens.

To help United Way Halifax make our community a healthier and happier place, donations can be made at unitedwayhalifax.ca.



Too many people in Halifax are living on the edge of poverty. Your giving provides opportunities and changes poverty to possibility.

Your donation Makes Halifax Greater.
Give to United Way.



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www.unitedwayhalifax.ca



Your support helps people in your community to maintain their independence.

This holiday season, please give to von.ca



HEALTH STARTS AT HOME

Bryony House: where hope lives

For 36 years, Bryony House has provided a safe shelter and support services for women and families impacted by intimate partner violence and abuse. Each year, close to 500 women and children stay there.

Funding for the non-profit organization comes from in-house and third-party fundraising, and government.

Bryony House is a great charitable gift giving option, especially over the Christmas holidays given that's when a lot of families come to the shelter.

"The biggest worry about children is Santa Claus won't find them," said executive director Laurie Ehler.

Bryony House's website, bryonyhouse.ca, has information about what it is looking for to help those staying at Bryony House enjoy the holidays.

People can also make financial donations directly to Bryony House, or through the website canadahelps.org where people will get instant tax receipts.

People may also want to consider holding a fundraiser at the office by collecting money



Each year, close to 450 women and children stay at Bryony House. CONTRIBUTED

for casual Fridays or holding a bake sale.

Ehler says it's important to not pass judgment on women facing situations of intimate domestic partner violence or abuse.

"We ask people to support their friends and family members, and not place judgment. The more judgment they face, the more isolated they become," said Ehler.

OFFERING CHRISTMAS MAGIC FOR THOSE IN NEED

The holidays are often a stressful time. For those struggling to make ends meet, it's even tougher.

The Salvation Army helps people year round, but at Christmas time, it tries to add a little magic to people's holidays. One of the ways it does this by providing food and presents through its Christmas hamper program.

This year, over 1,600 turkeys will be given out, along with a \$25 Sobeys gift card so people can pick up the trimmings for their Christmas dinner. The program also provides gifts for all the children in the home, and teens between 13 and 16 receive gift cards from Walmart.

Major Velma Preston with The Salvation Army says people are very appreciative of the help, especially given many people work two or three jobs in the quest to make ends meet.

"Getting that extra bit of help at Christmas is quite a relief," said Preston.

She adds that people shouldn't feel embarrassed to ask for help if they need it.

By supporting The Salvation Army, people can help those in need have a special Christmas by making a donation or volunteering their time. For more information, visit www.salvationarmy.ca/Maritime.



Volunteering for The Salvation Army can be a family affair. CONTRIBUTED

help us help them



Every donation to Bryony House goes toward helping those most hurt by violence.

To donate call **902.429.9001** or visit **bryonyhouse.ca**



Bryony House

Helping women with or without children escaping intimate partner violence

WE KEEP MAKING BETTER THINGS.



WHY CANT WE MAKE THINGS BETTER?

It's time to end poverty in Canada. Donate at **SalvationArmy.ca**



Giving Hope Today

Deliver a gift that matters this year

Red Cross very involved locally as well

The Canadian Red Cross is well known for the work it does internationally, but not many people are aware its work also impacts thousands of Nova Scotians every day.

Within Nova Scotia, the Canadian Red Cross has been providing assistance to families and individuals who have been evacuated from their homes due to fire, flood or other disasters for generations, regardless of the time of year or time of day.

A team of highly trained volunteers can always be counted on to be present with a warm blanket, a helping hand and guidance.

Emergency accommodations, warming centres, cases of water and assistance with food staples are just a few of the things the Canadian Red Cross does when people are experiencing some of the worst days of their lives.

"Where do they go? What do they do? We are there to provide support and a shoulder to lean on," said Alicia Billard, acting director of fund development.

The Canadian Red Cross also takes into account the smallest of Nova Scotians and often provides a child with a specially-prepared comfort kit including a stuffed animal.

After house fires, this may be the only toy the child has for the moment.

Billard says from a comfort toy to emergency lodging, the Red Cross helps restore normalcy to the lives of those who have been evacuated or displaced.

In the past year, the Canadian Red Cross has touched the lives of over 65,000 Nova Scotians through this type of support, plus first aid, swimming lessons, home care and bullying prevention programs.

This holiday season, the Canadian Red Cross in Nova Scotia is asking companies to consider foregoing giving traditional gifts to their clients and instead making a donation toward its work in Nova Scotia.

Billard will notify clients this gift was made, helping ensure the spirit of giving is passed on.



One of the services the Canadian Red Cross performs is to help people who have been displaced by a fire at their home. CONTRIBUTED

Money donated to the Canadian Red Cross is well placed. For three years running, it has received an A+ rating for ef-

ficiency and governance from Money Sense magazine. A donation to the Red Cross helps secure a better future for all Nova Scotians.



"I will never forget their kindness, their compassion..."

"Although I'm still mourning the loss of my precious belongings and my home, I'm so grateful that they (Red Cross volunteers) were a part of helping me get through this. I will never forget their kindness, their compassion and their willingness to help all of us in such a horrifying situation."

Cathy

Apartment fire survivor

This Holiday Season
YOU CAN MAKE A DIFFERENCE!

Phone: (902) 424-1404
alicia.billard@redcross.ca



- ✓ Each year the Canadian Red Cross touches the lives of over 65,000 Nova Scotians.
- ✓ Assisting a family of four for 72 hours after a fire costs approximately \$1,200.
- ✓ Your donation can help to make a difference this holiday season.

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Make the most of today's positive influences to start something new. This is a great time for career matters and also for affairs of the heart.

♉ Taurus

April 21 - May 21

You will have to make sacrifices over the next few days but that's OK. You will get your reward later in the month when the Sun moves in your favour.

♊ Gemini

May 22 - June 21

Let others know what you think and feel, especially if you think you're out of your depth and feel you could use some help.

♋ Cancer

June 22 - July 23

You may come into money over the next few days — and it's possible that you will spend it all in record quick time! Mars in the wealth area of your chart warns others won't be pleased by your extravagance.

♌ Leo

July 24 - Aug. 23

Put your needs first today and don't feel guilty about it. Some people may say you are selfish, and maybe you are, but what of it? You have desires and every right to satisfy them.

♍ Virgo

Aug. 24 - Sept. 23

Don't let work get on top of you. There are many ways you can make life easier and the most obvious is to stop pushing yourself so hard. Everything will get done in its own time.

♎ Libra

Sept. 24 - Oct. 23

Some of the people you meet today and tomorrow could be important to you professionally or financially in the future, so be on your best behavior.

♏ Scorpio

Oct. 24 - Nov. 22

Look and act confident today, even though you may not feel it. If your rivals detect fear they will be after you in an instant.

♐ Sagittarius

Nov. 23 - Dec. 21

Mercury in your sign fills your head with lots of ideas, but how do you decide which are good and which are bad? You don't have to decide immediately. Note your ideas down and come back to them later.

♑ Capricorn

Dec. 22 - Jan. 20

The most important thing now is that you get your financial house in order and cut back on activities that waste your time and money.

♒ Aquarius

Jan. 21 - Feb. 19

If others have power over you it is only because you have given them that power — and it is in your power to take it back. Be forceful today but don't be emotional about it.

♓ Pisces

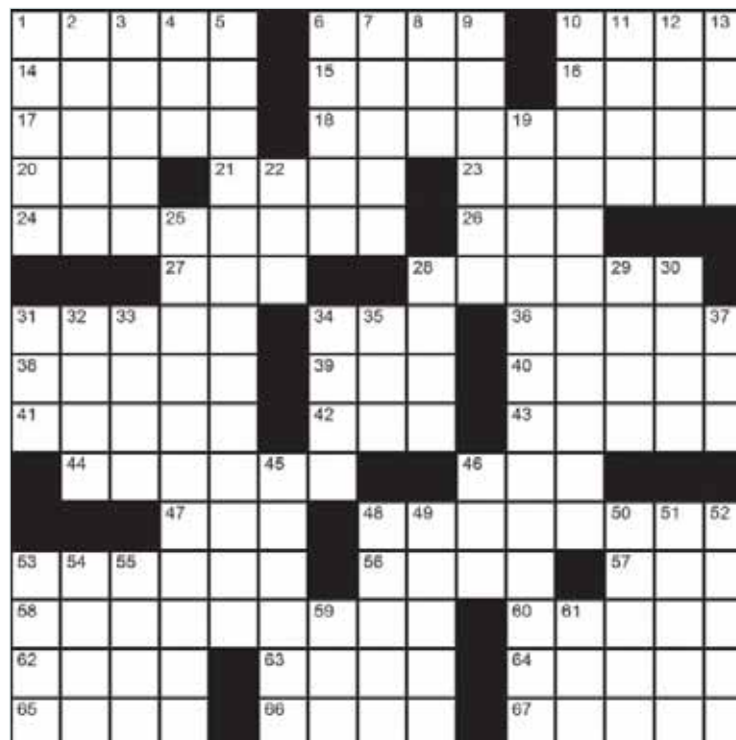
Feb. 20 - March 20

The more others say what you're trying to do is impossible the more determined you'll be to prove them wrong. Your confidence may waver but you should reach your goal.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. "I am the walrus / Goo goo '___' - The Beatles
6. Streetside serving
10. Designer Vera
14. Leader
15. Mr. Gruffudd
16. Ancient instrument
17. Canadian filmmaker Mr. Brassard
18. "Boom Goes the Dynamite" Toronto rapper
20. Particular pan
21. Janis' comical hubby
23. "It's on me!": 2 wds.
24. Ontario's 'cow' village
26. Beirut's locale [abbr.]
27. "Really?" remarks
28. Montreal 'river'
31. Tony __, "The Commish" character
34. __ Fighters
36. Tine
38. Keyboard instrument
39. Deli serving
40. George Fox's "___ You My Word"
41. Old 'town' in France
42. Whichever
43. Kira __, "Star Trek: Deep Space Nine" character
44. Nut kind
46. Farming, briefly
47. Poet's 'far'



48. Sir John A. Macdonald burial city
53. Compete in the WWE, colloquially
56. CCR tune
57. "Sheila" singer Tommy
58. Squash sort
60. Astound
62. Stick __ in the

lake

63. "___ minute?"
64. Appointed
65. Rove
66. Canadian artist Mr. Gaucher
67. __-turvy

Down

1. __ paper

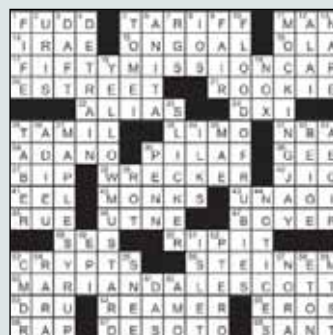
2. Madrid's month-after-May
3. Taco kit brand, with Paso: 2 wds.
4. Poet's 'above'
5. Arctic: 'Aglu' is a __ made by seals in the ice
6. Manitoba town; or, 'Lord of the Rings'

role

7. "I'll see __ Friday, then?"
8. Sprinted
9. Playwright Eugene
10. Restaurant for actors Donnie and Mark, and their chef brother Paul, with a new location in

- Toronto
11. Take __ (Drink some)
12. Songstress Ms. Hendryx
13. Stone hue
19. Landform viewed from Thunder Bay so-named because of its outline: 2 wds.
22. CV
25. The what includes Earth and Jupiter?: 2 wds.
28. Conniving
29. __ dire (Questioning process of prospective jurors)
30. Jealousy
31. Bawl
32. Dundee's li'l animal
33. Water: Spanish
34. Imperfection
35. 'Ball' suffix
37. Some stoves
45. Get-up-and-go
46. Plus
48. 1971 Donald Sutherland movie
49. Wee bits
50. The __, Charlie Chaplin's persona
51. Seepages
52. Dependent
53. Double __ Ranch (Setting on "The Roy Rogers Show")
54. Prefix to 'matic'
55. Plato's promenade
59. Pre-Dec. month
61. Chairman in "Revolution"

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	3	5	1	9	4	2	8	6
4	6	9	8	2	3	5	1	7
2	1	8	7	6	5	4	3	9
5	4	7	2	3	9	8	6	1
9	8	6	4	1	7	3	2	5
3	2	1	5	8	6	7	9	4
1	9	4	3	7	2	6	5	8
8	5	3	6	4	1	9	7	2
6	7	2	9	5	8	1	4	3

1			3					
		5	7			9		2
	2		4				6	
				2		6	3	
3								8
	8	6		5				
	6				3		7	
9		4			7	8		
				1			5	

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